



Be Free from Pain - Learn simple exercises to *realign your body*



Tuesday & Thursday's 6:30 – 7:15 PM

Free for GAFC members / Non-members \$10 per week or \$45 for all 6 weeks

Week 1

*** Feet & Ankles**

June 1 & 3

Week 2

*** Knees & Hips**

June 8 & 10

Week 3

*** Back**

June 15 & 17

Week 4

*** Shoulders**

June 22 & 24

Week 5

*** Elbows, Wrist & Hands**

June 29 & July 1

Week 6

*** Neck & Head**

July 6 & 8